

QUEEN ANNE AQUATICS CENTER



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OPEN HOUSE & BLOCK PARTY! September 17th
HALLOWEEN SWIM October 15th
PAMPERED PUPPY & DOG DAY October 16th
BEACH PARTY & DANCE November 12th
See page 8 for more information!



SEATTLE PARKS
AND RECREATION

Queen Anne Aquatics Center

1920 First Avenue West

Seattle, WA 98119-2602

(206) 386-4282

www.seattle.gov/parks/aquatics/queenannepool.htm

QUEEN ANNE AQUATICS CENTER GENERAL INFORMATION

Information

Professional Staff

Terence Irviss	Pool Coordinator
Katie Fridell	Assistant Pool Coordinator
Luke Williams	Senior Lifeguard
Marcos Fernandos	Senior Lifeguard
Naty Acierto	P.P.T. Cashier
Bill Burns	Pool Operator

Information

Pool Size25 yards x 15 yards
 1 mile=36 laps/72 lengths
 Depth3 feet to 12 feet
 Water temperature85 degrees
 1 & 3 meter diving board.
 Mechanical pool lift with extra wide steps
 Dry Heat Sauna
 Two ADA Accessible family changing rooms.
 Served by Metro bus number 3, 4 & 13.



Naty says "Give me a call two weeks in advance to rent the pool for a party! "



Pool Party Rental

Prices start at \$75.50 for a one hour party for 30 kids or less. The most popular party is \$147.50 for one hour in the pool and one hour for a lobby party. Amenities include: floating mats, noodles, tables, chairs and a rockin' stereo system. Call pool for available times @ 386-4282.

HOURS OF OPERATION

Monday - Friday	6:00 a.m. - 7:30 a.m.
Monday	11:00 a.m. - 9:30 p.m.
Tuesday	11:00 a.m. - 10:00 p.m.
Wednesday	11:00 a.m. - 8:00 p.m.
Thursday	11:00 a.m. - 10:00 p.m.
Friday	11:00 a.m. - 8:00 p.m.
Saturday	7:30 a.m. - 5:30 p.m.
Sunday	Closed

HOLIDAYS & CLOSURES

October 18 - November 7	Maintenance Closure
November 11	Veterans Day
November 25-26	Thanksgiving
December 24-25	Christmas
December 31-January 1	New Years

RECREATION SWIM PRICES

Under 1 year	Free
Youth 1 - 18 years	\$2.25
Adult 19 - 64 years	\$3.25
Senior Adults (65 & Older)	\$2.25
Special Pops/ADA	\$2.25
Recreation Swim Punch Card	\$20.00
F.A.S.T. Pass Adult	\$45.00
F.A.S.T. Pass Senior/Youth/ADA	\$35.00

Water Exercise Fees

Adult Fitness	\$3.75
Senior/Youth/ADA Fitness	\$2.50
Fitness Swim Punch Card	\$30.00

Other Fees

"Just a Shower"	\$2.00
Sauna	\$3.25
Towel Rental	.50¢
Weights	.50¢

Merchandise

Classic Goggles	\$4.50
Swedish-Style Goggles	\$4.50
Jr. Pro Goggles	\$5.00
No-leak Goggles	\$6.00
Animal Goggles	\$7.00
Hologram Goggles	\$7.00
Anti-Fog Goggles	\$10.00
Latex Caps	\$4.00
Silicone Caps	\$7.00
Nose Clips	\$4.00
Ear Plugs	\$4.00

Fees Subject to Change. We accept Cash, Checks, Visa, Master Card and American Express. All taxes are included.

QUEEN ANNE AQUATICS CENTER TEAM, DIVING & SWIM SCHEDULE

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Competitive Swim Workouts & Swim Team

U.S.S. Age Group Swim Club

A year round program offered

Contact Doug @ 206-781-0827

Monday - Friday 4:00 p.m. - 5:30 p.m.

U.S.S. Masters Swim Club

A year round adult program focusing on swimming and strength. Contact Ed Artis @ 206-793-3099

Sunday

9:30 a.m. - 11:00 a.m.

Wednesday

8:00 p.m. - 9:30 p.m.

Friday

8:00 p.m. - 9:00 p.m.

Swim SCHEDULE

Monday & Wednesday

6:00-7:30 A.M.
7:30-11:00 A.M.
11:15-12:00 P.M.
11:15-12:00 P.M.
12:00-1:30 P.M.
1:30-3:00 P.M.
3:00-4:00 P.M.
4:00-5:30 P.M.
5:30-7:00 P.M.
6:30-8:00 P.M.
7:00-8:00 P.M.
8:00-9:30 P.M.
8:00-9:30 P.M.

Early Morning Lap Swim
McClure Middle School
Hydro-fit
Oodles of Noodles (wed)
Adult and Senior Swim
Swim Lessons
Lap Swim
Salmon Bay Swim Team
Youth & Adult Lessons
Intermediate Diving Lessons
Water Exercise
Lap Swim (Mon)
Private Masters Swim (Wed)

Tuesday & Thursday

6:00-7:30 A.M.
7:30-11:00 A.M.
11:15-12:00 P.M.
12:00-1:30 P.M.
2:00-3:00 P.M.
3:00-4:00 P.M.
4:00-5:30 P.M.
5:30-7:30 P.M.
6:00-7:00 P.M.
7:00-8:00 P.M.
7:30-8:30 P.M.
8:30-10:00 P.M.

Early Morning Lap Swim
McClure Middle School
Water Exercise
Adult and Senior Swim
Public Swim
Adult Swim
Salmon Bay Swim Team
Youth & Private lessons
Diving Lessons
Hydro-fit
Public Swim
Lap Swim

Friday

6:00-7:30 A.M.
7:30-11:00 A.M.
11:15-12:00 P.M.
12:00-1:30 P.M.
1:30-3:00 P.M.
3:00-4:00 P.M.
4:00-5:30 P.M.
5:30-7:00 P.M.
7:00-8:00 P.M.

Early Morning Lap Swim
McClure Middle School
Stretch and Flex
Adult and Senior Swim
Public Swim
Lap Swim
Salmon Bay Swim Team
Lap Swim
Public Swim

Saturday

7:30-9:00 A.M.
9:00-10:00 A.M.
10:00-11:30 A.M.
11:30-12:30 P.M.
12:30-1:30 P.M.
1:30-3:00 P.M.
3:00-4:30 P.M.
4:30-5:30 P.M.

Lap Swim
Hydro-fit
Lessons
Senior Swim
Adult Swim (4 lanes)
Public Swim
Family Swim
Lap Swim

Diving Lessons

Cost: \$8.00 per hour or
\$4.00 per half hour

Have you ever wanted to learn how to dive gracefully of the diving board? Learn the fundamentals of diving various abilities and ages are encouraged to participate.

All Levels

Tuesdays & Thursdays

6:00 p.m. - 7:00 p.m.

Intermediate Levels

Mondays & Wednesdays

6:30 p.m. - 8:00 p.m.

QUEEN ANNE AQUATICS CENTER

FITNESS & SWIM PROGRAMS

FITNESS PROGRAMS

Hydro-Fit

A non-impact exercise class that is both toning and cardiovascular. Designed for buoyancy and resistance. Apparatus are used in deep water. Drop in program. No prior experience necessary.

Monday & Wednesday	11:15-12:00 p.m.
Tuesday & Thursday	7:00-8:00 p.m.
Saturday	9:00-10:00 a.m.

Water Exercise

A structured low impact exercise program including warm-up, stretching, cardiovascular workout and cool down. Drop in program. No prior experience necessary.

Monday & Wednesday	7:00-8:00 p.m.
Tuesday & Thursday	11:15-12:00 p.m.

Oodles of Noodles

Shallow water fitness program to enhance flexibility and balance while working with a noodle. Everyone is welcome. Drop in program.

Wednesdays	11:15-12:00 p.m.
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Stretch and Flex

A class designed to relieve the pain and stiffness caused by arthritis. It's fun and no swimming is required. Drop in program.

Friday	11:15-12:00 p.m.
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RECREATIONAL SWIMMING

Adult Swim

One half of the pool is set up with lanes for lap swimming. The other half is available for recreational swimming. Aqua joggers allowed. 3 lap lanes are provided with the exception of Saturday where 4 lap lanes are provided.

Age: Adult	
Monday - Friday	12:00p.m. - 1:30 p.m.
Tuesday & Thursday	3:00 p.m. - 4:00 p.m.
Saturday	12:30 p.m. - 1:30 p.m.

Senior Swim

A recreational swim period for seniors. 3 lanes are available for swimmers interested in fitness swimming and the other half of the pool is open for floating, exercising and socializing. *Only seniors and disabled allowed on Saturdays.

Monday - Friday	12:00 p.m. - 1:30 p.m.
Saturdays	11:30 a.m. - 12:30 p.m.

Family Float Swim

A fun swim session for parents or guardians and their children. An adult must accompany youth under 18 years into the pool.

Saturday	3:00 p.m. - 4:30 p.m.
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Lap Swims

A session for fitness swimming. There are four speed levels (slow, medium, fast, very fast) with 6 lanes. No aqua joggers.

Monday - Friday*	6:00 a.m. - 7:30 a.m.
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*Early lap swim admission by Swim card or check. No cash accepted.

Monday, Wednesday, & Friday	3:00 p.m. - 4:00 p.m.
Monday	8:00 p.m. - 9:30 p.m.
Tuesday & Thursday	8:30 p.m. - 10:00 p.m.
Friday	5:30 p.m. - 7:00 p.m.
Saturday	7:30 a.m. - 9:00 a.m.
Saturday	4:30 p.m. - 5:30 p.m.

Public Swims

A recreational swim for anyone. Children must be at least 4 feet or six years old to swim alone; otherwise a parent or guardian must accompany them. (Flotation devices are permitted with staff approval only.)

Tuesday & Thursday	2:00 p.m. - 3:00 p.m.
Tuesday & Thursday	7:30 p.m. - 8:30 p.m.
Friday	1:30 p.m. - 3:00 p.m.
Friday (Floats available)	7:00 p.m. - 8:00 p.m.
Saturday	1:30 p.m. - 3:00 p.m.

QUEEN ANNE AQUATICS CENTER LESSON INFORMATION

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It is the policy of Queen Anne Pool to give priority to currently enrolled students who wish to continue with lessons. New students may sign up during open registration done by lottery drawing. Sign-ups are according to the number you draw and what is available.

Tots (6 months to 3 years)

This series of lessons helps to introduce you and your child to the swimming pool. Our goal is to help your child to relax and become comfortable in this "new" water environment. Parents accompany the child in the water.

Three-Year-Old Lessons

Small classes with an instructor to start your child learning basic swimming and water safety skills. Due to smaller classes the cost is \$6.00 per half hour session.

Kinder lessons (4 & 5 year olds)

Designed to teach the basic skills of swimming and safety. This class helps build your child's confidence and provides a solid foundation for more advanced classes.

Youth lessons (6 - 14 year old)

A progression of classes from Level I to Level VII. Each class builds the skills necessary to advance to the next level of swimming.

Swim Team Prep

Experience the fun of competitive swimming while enjoying being part of the team. The coaches will emphasize improving skills, building teamwork and having a good time. Prerequisite: Must be skill level - V or higher.

Adult lessons (Adults only)

From the beginner to advanced. Skills and progress are tailored to meet the individual's learning needs. Classes are arranged by ability.

Private Lessons

Tuesday & Thursday 7:00-7:30 P.M.

Cost \$22.00 per half hour (one person)

\$32.00 per half hour (two people)

A program that is individualized to fit your personal needs.



QUEEN ANNE AQUATICS CENTER LESSON SCHEDULE

DAYS	TIMES	DATES	PRICE	REGISTRATION*	CLASSES
TOTS (6 months to 3 years old)					
Tuesday	6:30 p.m.-7:00 p.m.	9/7-10/12	\$24.00	September 3 @ 5:30 p.m.	6
	Session - II	11/9-12/14	\$24.00	October 15 @ 5:30 p.m.	6
Thursday	6:30 p.m.-7:00 p.m.	9/9-10/14	\$24.00	September 3 @ 5:30 p.m.	6
	Session - II	11/18-12/16	\$16.00	October 15 @ 5:30 p.m.	4
Saturday	11:00 a.m.-11:30 a.m.	9/11-10/16	\$24.00	September 3 @ 5:30 p.m.	6
	Session - II	11/13-12/18	\$24.00	November 12 @ 5:30 p.m.	6
3 YEARS OLD					
Monday	2:30 p.m.-3:00 p.m.	9/13-10/11	\$30.00	September 3 @ 5:30 p.m.	5
	Session - II	11/8-12/13	\$36.00	October 15 @ 5:30 p.m.	6
Wednesday	2:30 p.m.-3:00 p.m.	9/8-10/13	\$36.00	September 3 @ 5:30 p.m.	6
	Session - II	11/10-12/15	\$36.00	October 15 @ 5:30 p.m.	6
Tuesday	6:30 p.m.-7:00 p.m.	9/7-10/12	\$36.00	September 3 @ 5:30 p.m.	6
	Session - II	11/9-12/14	\$36.00	October 15 @ 5:30 p.m.	6
Thursday	6:30 p.m.-7:00 p.m.	9/9-10/14	\$36.00	September 3 @ 5:30 p.m.	6
	Session - II	11/18-12/16	\$24.00	October 15 @ 5:30 p.m.	4
Saturday	10:00 a.m.-10:30 a.m.	9/11-10/16	\$36.00	September 3 @ 5:30 p.m.	6
	Session - II	11/13-12/18	\$36.00	November 12 @ 5:30 p.m.	6
Saturday	11:00 a.m.-11:30 a.m.	9/11-10/16	\$36.00	September 3 @ 5:30 p.m.	6
	Session - II	11/13-12/18	\$36.00	November 12 @ 5:30 p.m.	6
KINDER 1-IV (4 and 5 years old)					
Monday & Wednesday	2:00 p.m.-2:30 p.m.	9/8-10/13	\$44.00	September 3 @ 5:30 p.m.	11
	Session - II	11/8-12/15	\$48.00	October 15 @ 5:30 p.m.	12
Monday	5:30 p.m.-6:00 p.m.	9/13-10/11	\$20.00	September 3 @ 5:30 p.m.	5
	Session - II	11/8-12/13	\$24.00	October 15 @ 5:30 p.m.	6
Wednesday	5:30 p.m.-6:00 p.m.	9/8-10/13	\$24.00	September 3 @ 5:30 p.m.	6
	Session - II	11/10-12/15	\$24.00	October 15 @ 5:30 p.m.	6
Tuesday & Thursday	6:00 p.m.-6:30 p.m.	9/7-10/14	\$48.00	September 3 @ 5:30 p.m.	12
	Session - II	11/9-12/16	\$40.00	October 15 @ 5:30 p.m.	10
Saturday	10:00 a.m.-10:30 a.m.	9/11-10/16	\$24.00	September 3 @ 5:30 p.m.	6
	Session - II	11/13-12/18	\$24.00	November 12 @ 5:30 p.m.	6

QUEEN ANNE AQUATICS CENTER LESSON SCHEDULE



DAYS	TIMES	DATES	PRICE	REGISTRATION *	CLASSES
YOUTH I-IV (6-14 years old)					
Monday	6:00 p.m.-6:30 p.m.	9/13-10/11	\$24.00	September 3 @ 5:30 p.m.	6
	Session - II	11/8-12/13	\$24.00	October 15 @ 5:30 p.m.	6
Wednesday	6:00 p.m.-6:30 p.m.	9/8-10/13	\$24.00	September 3 @ 5:30 p.m.	6
	Session - II	11/10-12/15	\$24.00	October 15 @ 5:30 p.m.	6
Tuesday & Thursday	5:30 p.m.-6:00 p.m.	9/7-10/14	\$48.00	September 3 @ 5:30 p.m.	12
	Session - II	11/9-12/16	\$40.00	October 15 @ 5:30 p.m.	10
Saturday	10:30 a.m.-11:00 a.m.	9/11-10/16	\$24.00	September 3 @ 5:30 p.m.	6
	Session - II	11/13-12/18	\$24.00	November 12 @ 5:30 p.m.	6
YOUTH V-VII (6-14 years old)					
Tuesday & Thursday	6:30 p.m.-7:00 p.m.	9/7-10/14	\$48.00	September 3 @ 5:30 p.m.	12
	Session - II	11/9-12/16	\$40.00	October 15 @ 5:30 p.m.	10
Saturday	11:00 a.m.-11:30 a.m.	9/11-10/16	\$24.00	September 3 @ 5:30 p.m.	6
	Session - II	11/13-12/18	\$24.00	November 12 @ 5:30 p.m.	6
SWIM TEAM PREP (Must have passed Level VI)					
Tuesday & Thursday	6:00 p.m.-6:30 p.m.	9/7-10/14	\$48.00	September 3 @ 5:30 p.m.	12
	Session - II	11/9-12/16	\$40.00	October 15 @ 5:30 p.m.	10
ADULT (15 years old and above)					
Monday & Wednesday	6:30 p.m.-7:00 p.m.	9/8-10/13	\$44.00	September 3 @ 5:30 p.m.	11
	Session - II	11/8-12/15	\$48.00	October 15 @ 5:30 p.m.	12
PRIVATE LESSONS (One on One lessons)					
Wednesday	1:30 p.m.-2:00 p.m.		\$22.00	per half hour (1 person)	
Tuesday & Thursday	7:00 p.m.-7:30 p.m.		\$32.00	per half hour (2 people)	

Attention: We have changed the format for Monday & Wednesday lessons. You can now sign up for just Monday if you prefer or Just Wednesday. However, if you want to sign up for both days it is still available.

Notice: A pre-test is required prior to Lesson Registration To sign up for lesson all children must be pre-tested. You can do this during any Family or Public swim.

Lesson Refund Policy: A participant may be issued a refund if they drop the class and notify the Program Coordinator prior to the second class. No classes November 11, 25, 26.



QUEEN ANNE AQUATICS CENTER SPECIAL EVENTS

BLOCK PARTY & OPEN HOUSE Friday, September 17th 6:00 P.M. - 8:00 P.M.

Come learn about Queen Anne Aquatics Center! On September 17, from 6 to 8 p.m., community centers and pools citywide will hold a Community Open House. Meet staff members, take facility tours, ask questions, and sign up (late registration) for fall classes and programs. Light refreshments will be served. Please call 206-386-4282 for more information. Free! Free! Free!

Bike Helmet Sales Saturday, September 18th \$10.00 each

Recent legislation requires all bicyclists to wear bike helmets. Seattle Parks and Recreation, in cooperation with Cascade Bicycle Club Education Foundation, will conduct bicycle helmet sales at affordable prices.

Free Halloween Swim Friday, October 15th 7:00 P.M. - 8:00 P.M.

Join us for a spooky night at the pool. All you need is your swimsuit and a towel; we will take care of the rest. There will be prizes, cookies and treats. So all you goblin and ghost swimmers, come out to the pool for a night of slippery fun.

PAMPERED PUPPY & DOG DAY Saturday, October 16th 10:30 P.M. - 2:00 P.M.

Calling all dogs and all dog owners!

We are going to have a dog swim!

At the Aquatics Center is your opportunity to get your dog (best friend) in the pool for a swim. Don't know if your dog knows how to swim. Get them a lifejacket and put them in the water. Not only will your dog have fun but you will too. So don't forget to bring your camera and a towel for the dog. A hose will be provided so you can rinse off your dog after the swim. Dog owners must remain out of the pool.

Admission price: \$3.25 per dog

At the "Q" pictures with the Grim Reaper and/or Santa Claus. The activities will include a swim at the pool, and a FREE introduction to Puppy and Dog Obedience Training. A costume fashion show. All proceeds from the event will benefit Advisory Council programs at "Q" complex. The event is designed for canines and their owners.

Pictures price: \$5.00 per photo

BEACH PARTY and DANCE November 12th 7:00 P.M. - 9:00 P.M.

At the pool will have water games and activities for the whole family. So put on your best Lua sit and join us for a splashing time.

After the splash in the pool join us at the "Q" for lively music and light refreshments in the gym. Keep the summer spirit alive. Come dance with us! All ages welcomed.